

Is there enough air in the tank?

Yes. The tank is designed not to be airtight, so there is a plentiful air supply. In addition, fresh air is brought in by an air circulation system.



How long do people usually stay in the tank?

We schedule hour long sessions, but some people use the tank for shorter or longer periods.

What will it be like for me?

We like to avoid saying too much before people use the tank, so that they aren't influenced by what someone else says. The most common reports are profound peace and relaxation, deep concentration and creativity. Not only will it be different for you than it is for anyone else, it will be different each time.

Do I need to float more than once?



Yes, if you want to make use of the potential. For us floating is not a finite experience. It touches the infinite. Most people, but not all, get a sense of what floating will be like after they float 3 to 5 times. Those who see the potential the first time, want to return again and again.

Is there a cumulative effect of using the tank on a regular basis?

Yes. There seems to be a cumulative effect with consistent use of the tank. This is not documented by research, it is the tank users who know it is true. Relaxation is a learned art that needs practice.

- Courtesy of Samadhi Tank Co., Inc.



Center for Progressive Health & Wellness

The Next Step • Rehabilitation Specialists

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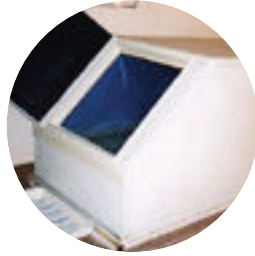
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Float Tank

What is a float tank?

The float tank is a little larger around than a twin sized bed and chest high. It contains 10 inches of water to which so much epsom salts have been added, that when you get in and lie on your back, you are pushed to the surface so you float like a cork, weightless as an astronaut in space. There is a lightweight door that you can leave open, or if you want to get rid of the distractions of noise and light you can close the door.



Floating can help with pain, muscle aches, relaxation, insomnia, creative blocks, anxiety, and mental chatter. It has helped many people with chronic pain

The floatation tank allows a person to lie back and float on the surface of the water, eliminating the effects of gravity on the body. When a person is in a high level of pain for an extended period of time their nervous system becomes hypersensitive to pain and does not allow the body to enter into a relaxed state to allow healing. Many times, after using the floatation tank for a one hour session, the person experiences decreased pain, decreased insomnia, and an overall sense of relaxation which brings the person to a higher level of health. This in turn, allows a greater response to more standard therapies.

Frequently Asked Questions

Do I need to prepare myself for floating?

The things you should know are:

- If you shave 2 or 3 hours before using the tank, the shaved skin will sting for a few minutes. If you can postpone your shaving, you will probably be more comfortable.
- If you wear contact lenses, it would be a problem if any salt water got into your eyes. If you remove your contacts you don't have to be concerned about it.
- If you have caffeine before you float, it may interfere with your ability to relax.

Should I eat before I go into the tank?

You can eat. Do not be over stuffed or starving. Moderation works.

Is anyone not supposed to use the tank?

We don't allow tank use for epileptics whose epilepsy is not under medical control; for people under the influence of alcohol, drugs, those with infectious diseases, or open skin wounds.



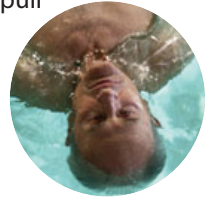
Can I use the tank if I'm menstruating?

Yes, if you use a tampon.

Can pregnant women use the tank?

Yes. We suggest that pregnant women inform their physicians or midwives and get their opinion prior to using the tank. The reports received

from pregnant women have been enthusiastic. As their bodies get heavier, floating is a great relief from the pull of gravity. Floating has given many women a welcome rest.



What effect does salt water have on my skin and hair?

You thoroughly rinse the salt from your hair and body when you leave the tank. The Epsom salt solution seems to be beneficial to the skin. Some say epsom salt is very good for strengthening the hair.

Do you wear anything in the tank?

Since it is a private experience, most people don't wear anything. Anything you wear will press against your body, becoming a distraction. In this regard imagine it as similar to getting into your bathtub. A bathing suit can be worn if you prefer.

Do people sleep in the tank?

Yes, some people fall asleep in the tank.

Is there a right way to do it?

Each person should find whatever position is comfortable for them. Some people float with their hands at their sides, some with their hands folded across their chest or abdomen, or behind their heads. You can keep your head at either end or sit up if you like. You may float with the door open or closed. Float the way it is comfortable for you and explore what is best for you.

Will I float? I can't float anywhere.

Yes. It is impossible not to float in the tank. Eight hundred pounds of salt dissolved in the water make the solution so much denser than your body that your body is pushed to the surface like a cork. Your face is out of the solution and your ears are underwater.

What if I'm claustrophobic?

People who say that they are afraid to use the tank because they are claustrophobic probably assume that they will be confined to an enclosed space. However, you can use the tank with the door open if you wish. You are in control of the situation and can get in and out whenever you want. You should use it in the way it's comfortable for you. The tank is such an excellent place to go through claustrophobia that if you want to get rid of yours, it is probably the best place to do it.



Is it dangerous to sleep in the tank?

No, It is safe to sleep in the tank. The reason people think it may be dangerous is probably the fear of rolling over. Even those people who say they never sleep on their backs in bed, sleep on their backs in the tank.

It is very difficult to roll over in the tank because of the density of the solution, and if any of the salt solution gets in your eyes, mouth or nose, it is an immediate signal that something must be done. You would wake up immediately.